

COASTLINE CONNECTION

AUGUST / SEPTEMBER 2025

Back To School Tips to Stay Well

It's nearing the end of summer and never is that more prevalent than with all of the "back to school" reminders. From sales to events, teachers and families have begun the annual tradition of preparing for another school year to start.

It's an exciting time! New supplies, new schools, new teachers, and new friends (and some old ones too). This time of year, we get so focused on sending children back to school that we often forget about how best to keep ourselves healthy during this time.

When it comes to staying healthy, we aren't just talking about the students, but also the teachers and staff who interact with students on a daily basis. Because it's that time of year, we thought it would be good to share some simple things both students and teachers can do to ensure they stay healthy as they re-enter the classroom.

For Teachers:

Teachers often report a higher rate of sickness, leading to missed days, especially after long breaks. This pattern, called "post-break immune collapse", often happens because of high exposure in the classroom. Experts also state that, "elevated stress suppresses immunity during the term" which can often lead to sickness, and a slow rebound on the immune system.

What can teachers do to help them stay healthy? Here are seven guidelines to help teachers and school support staff stay healthy as they head back to school.

1. Support Your Immune System Daily

- Eat a balanced diet rich in vitamin C, zinc, and probiotics
- Stay hydrated — aim for at least 8 cups of water per day
- Limit processed sugar, which can weaken immunity

2. Prioritize Rest & Recovery

- Aim for 7–9 hours of sleep each night



- Avoid "catch-up sleep" only on weekends — stick to a routine.
- Use calming bedtime habits (dim lights, no screens before bed)

3. Use Salt Therapy (Halotherapy)

- How it helps teachers:
 - Clears nasal passages & eases breathing after exposure to classroom germs
 - Helps manage allergies & sinus pressure
 - Supports lung health for those in dusty or crowded environments
 - Reduces stress and promotes relaxation after a busy school day
- When to book sessions:
 - During peak cold/flu seasons
 - After feeling congested or run-down
 - Regularly as part of a wellness routine (e.g., once a week or bi-weekly)

4. Practice Good Hygiene at School

- Wash hands often (and moisturize to prevent dryness)
- Keep a small hand sanitizer at your desk
- Wipe down high-touch classroom surfaces daily
- Avoid touching your face when possible

5. Manage Stress Proactively

- Start your day with 5 minutes of deep breathing or meditation
- Take quick "reset" breaks between classes — even 2 minutes of stretching helps
- Use salt therapy, yoga, or gentle exercise after school to release tension

Continued on page 2...

Continued from Page 1.....

6. Stay Physically Active

- Walk during lunch or planning periods
- Choose stairs over elevators
- Gently stretch at your desk to keep blood flowing



7. Stay Connected & Ask for Help

- Share lesson planning with colleagues to reduce workload
- Don't hesitate to take a sick day when truly ill – pushing through can prolong recovery
- Join or create a wellness group with other teachers

Students:

Did you know that in 2022, the CDC recorded nearly 5.8% of children aged 5-17 experienced absenteeism due to health-related issues. This can also be attributed to increased exposure to other students in confined classroom spaces, as well as stress the student endures from the pressures of learning.

We suggest trying these seven steps to keep your child healthy this school year.

1. Wash Hands Often

- Wash for at least 20 seconds with soap and warm water, especially before eating and after using

shared supplies

2. Eat Immune-Boosting Foods

- Include fruits, vegetables, lean proteins, and whole grains to keep energy and immunity strong

3. Get Plenty of Sleep

- Aim for 8–10 hours a night to help your body recharge and fight off illness.

4. Stay Hydrated

- Bring a reusable water bottle to school and sip throughout the day.

5. Take Breaks and Move

- Stretch or walk between classes to improve circulation and reduce stress.

6. Practice Good Hygiene

- Cover coughs and sneezes with your elbow, avoid touching your face, and keep personal supplies clean.

7. Try Salt Therapy

- Salt rooms can help keep airways clear, reduce congestion from seasonal allergies, and support relaxation during busy school weeks

We wish all of the students returning to school, and all of the teachers and staff that will guide them this year, a successful year full of learning and fun.

About

Coastline Salt Room

Located in the Palm District of downtown New Port Richey, Coastline Salt Room is the premier location for natural respiratory health and wellness. At Coastline Salt Room, our goal is to provide comfort in a natural and safe environment.

Salt Room Sessions:

40 minutes and are \$40 per person

Hydro Massage Sessions:

10 minutes - \$10
25 minutes - \$20

5426 Main Street

New Port Richey, Florida

www.coastlinesaltroom.com

Back to School

SPECIAL

We want to keep you healthy!



During the month of August, all current teachers and school related personnel can enjoy Salt Sessions for \$30

**Book online at www.CoastlineSaltRoom.com
Evening appointments available.**

*Proof of position needed to receive discount. Please provide school ID badge to receive your discount at check out, after your session.

A NOTE FROM OUR OWNER



I can't believe that, in just a few short months Coastline Salt Room will celebrate its 4th Anniversary. To me, it seems like only yesterday that we opened our doors and hosted our first salt session. It was an exciting time, and I was so glad to see

we were welcomed into the natural wellness space with open arms.

Since our opening, we have had our ups and downs. Like most businesses, we don't talk about them because our primary purpose is to serve our clients and to help you feel good. I wouldn't have it any other way!

Over the past four years, we have seen amazing clients, and looking over the number of people that have enjoyed the healing benefits of salt therapy is truly astounding. In just the months of June and July (2025) we have seen 105 clients use our salt room. Can you just imagine how many sessions we have done since we opened? Stay tuned to our next newsletter, where we will share some amazing statistics from our facility with you.

Since opening, we've also dealt with things like natural disasters. This September will mark one year since hurricane Helene gave our facility "gulf front access." and our salt room flooded. It has been an uphill climb to get our facility back to where it once was, and still today we are working on that. Also, many of our clients were displaced, and many are just now getting back into their homes. Still, we are community strong, and all of us together, will persevere.

Despite it all, I am looking forward to celebrating our 4th anniversary, and I am excited about moving into our 5th year. We have some fun new things planned, including an additional a room where we can host yoga and sound therapy. If you know of any teachers that are looking for a space to host their class, please have them reach out to us.

Also, be sure to like us on social (Coastline Salt Room on both Facebook and Instagram) so you can be the first to know all about what we have going on.

Wellness is our top priority, and we thank you for entrusting us with yours.

Stay Salty! Kelly
Kelly Hackman, Owner

Herb of the Season

Lemon Balm



**Herbaceous lemon notes
with a slightly dry cup**

Modern day herbalists equate lemon balm with longevity. Additionally, lemon balm was used as far back as the Middle Ages for helping to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic).

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure and disease.

Available in loose herbal form at Coastline Salt Room.

New Salt and Serenity Plan

Monthly Plan includes:

- 1 - 40-minute halo salt session
- 1 - 25-minute hydro massage
- 10% off additional salt sessions throughout the month
- 10% off in the gift shops
- 10% off guest sessions when they join you for a salt session.
- Get notified first about upcoming activities, sales, and specials.

\$40 per month

Minimum value \$60 - more depending on additional sessions. Automatically billed each month. Session reset each month and cannot be carried over to the next month. For more information, contact us.